Nahnu Ansarullah

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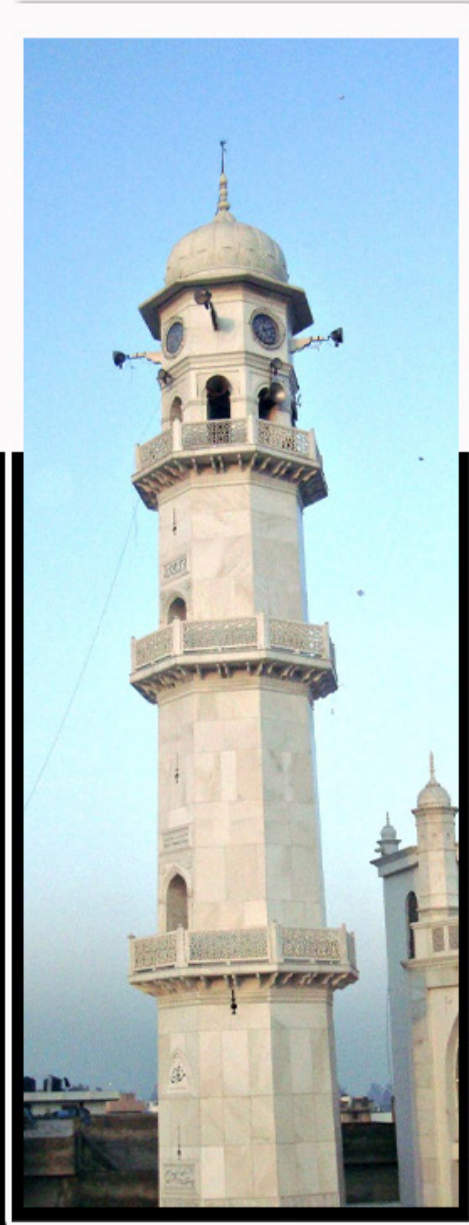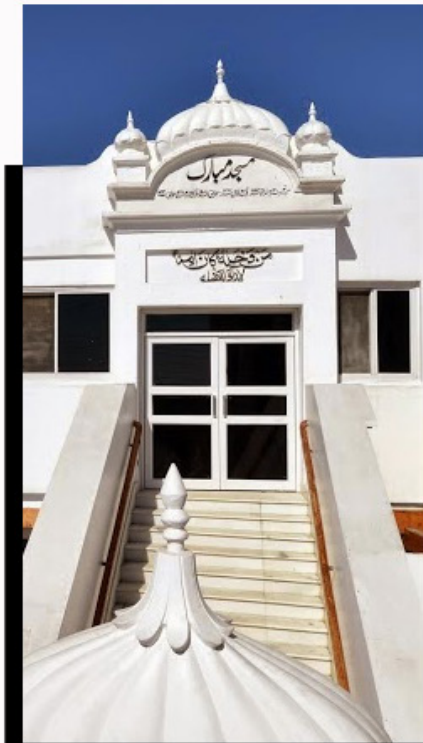
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Conditions of Initiation (Bai'at)

by Hazrat Mirza Ghulam Ahmad عليه السلام of Qadian The Promised Messiah and Mahdi (peace be upon him)

1. The initiate shall solemnly promise that he/she shall abstain from Shirk (association of any partner with God) right up to the day of his/her death.

2 That he/she shall keep away from falsehood, fornication, adultery, trespasses of the eye, debauchery, dissipation, cruelty, dishonesty, mischief and rebellion; and will not permit himself/herself to be carried away by passions, however strong they may be.

3. That he/she shall regularly offer the five daily prayers in accordance with the commandments of God and the Holy Prophet (peace and blessings of Allah be upon him); and shall try his/her best to be regular in offering the Tahajjud (pre-dawn supererogatory prayers) and invoking Darood (blessings) on the Holy Prophet (peace and blessings of Allah be upon him); that he/she shall make it his/her daily routine to ask forgiveness for his/her sins, to remember the bounties of God and to praise and glorify Him.

4. That under the impulse of any passions, he/she shall cause no harm whatsoever to the creatures of Allah in general, and Muslims in particular, neither by his/her tongue nor by his/her hands nor by any other means.

5. That he/she shall remain faithful to God in all circumstances of life, in sorrow and happiness, adversity and prosperity, in felicity and trial; and shall in all conditions remain resigned to the decree of Allah and keep himself/herself ready to face all kinds of indignities and sufferings in His way and shall never turn away from it at the onslaught of any misfortune; on the contrary, he/she shall march forward.

6. That he/she shall refrain from following un-Islamic customs and lustful inclinations, and shall completely submit himself/herself to the authority of the Holy Quran; and shall make the Word of God and the Sayings of the Holy Prophet (peace and blessings of Allah be upon him) the guiding principle in every walk of his/her life.

7. That he/she shall entirely give up pride and vanity and shall pass all his/her life in lowliness, humbleness, cheerfulness, forbearance and meekness.

8.That he/she shall hold faith, the honor of faith, and the cause of Islam dearer to him/her than his/her life, wealth, honor, children and all other dear ones.

9. That he/she shall keep himself/herself occupied in the service of God's creatures for His sake only; and shall endeavor to benefit mankind to the best of his/her God-given abilities and powers.

10. That he/she shall enter into a bond of brotherhood with this humble servant of God, pledging obedience to me in everything good, for the sake of Allah, and remain faithful to it till the day of his/her death; that he/she shall exert such a high devotion in the observance of this bond as is not to be found in any other worldly relationships and connections demanding devoted dutifulness.

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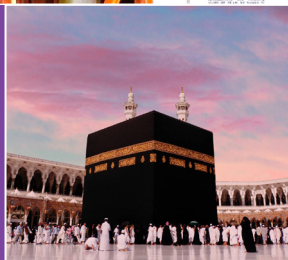

The Holy Quran

شَهْرُ رَمَضَانَ الَّذِيٓ اُنْزِلَ فِيْهِ الْقُرْاٰنُ هُدًى لِّلنَّاسِ وَبَيِّنٰتٍ مِّنَ
الْهُدٰى وَالْفُرْقَانِ ۚ فَمَنْ شَهِدَ مِنْكُمُ الشَّهْرَ فَلْيَصُمْهُ ۚ وَمَنْ
كَانَ مَرِيْضًا اَوْ عَلٰى سَفَرٍ فَعِدَّةٌ مِّنْ اَيَّامٍ اُخَرَ ۚ يُرِيْدُ اللّٰهُ بِكُمُ
الْيُسْرَ وَلَا يُرِيْدُ بِكُمُ الْعُسْرَ ۚ وَلِتُكْمِلُوا الْعِدَّةَ وَلِتُكَبِّرُوا اللّٰهَ
عَلٰى مَا هَدٰىكُمْ وَلَعَلَّكُمْ تَشْكُرُوْنَ ۝١٨٦

Translation

The month of Ramadan is that in which the Quran was sent down as a guidance for mankind with clear proofs of guidance and discrimination. Therefore, whosoever of you is present at home in this month, let him fast therein. But whoso is sick or is on a journey, shall fast the same number of other days. Allah desires to give you facility and He desires not hardship for you, and that you may complete the number, and that you may exalt Allah for His having guided you and that you may be grateful. (2:186)

Short Commentary

This verse mentions the reason for which the month of Ramadan was selected for the purpose of fasting. It was in this month that the Quran was revealed. The revelation of the Quran in the month of Ramadan may mean two things: (1) that the revelation of the Holy Book commenced in the month of Ramadan, for it is on record that it was on the 24th of Ramadan that the Holy Prophet ﷺ received his first revelation (Musnad & Jarir); (2) that the revelation of the Quran was repeated to the Holy Prophetﷺ every year in the month of Ramadan, for it is also on record that the angel Gabriel rehearsed every year to the Holy Prophet ﷺ the whole of the revealed portion of the Quran during this month and this he continued to do till the very year of the Prophet'sﷺ death (Bukhari, ch. on Manaqib). Thus, in a way even the whole of the Quran may be said to have been sent down in Ramadan…

The clause signifies that out of every twelve months in the year, at least one—that of Ramadan—must be so devoted to the worship of God. This also signifies that if in the month of Ramadan, one happens to be sick or is on a journey, one should not fast, owing to the extra hardship entailed, but should fast the same number of other days when one has recovered from sickness or when the journey is over. The Quran, however, wisely refrains from defining the terms "sickness" and "journey," leaving them to be defined by the common usage of the people. The clause, He desires not hardship for you, points to the very important principle that divine commands are not meant to cause trouble or inconvenience but to afford ease and facility. The clause, that you may exalt Allah for His having guided you means that everything is for the benefit of man himself, and the benefit underlying fasting is the exaltation of man, morally and spiritually and, in a sense, physically as well.

(The Holy Quran with English Translation and Commentary Volume 1. pp.297-298)

Hadith

عَنْ اَبِيْ هُرَيْرَةَ رَضِيَ اللّٰهُ عَنْهُ، يَقُولُ: قَالَ رَسُولُ اللّٰهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ: قَالَ اللّٰهُ: كُلُّ عَمَلِ ابْنِ آدَمَ لَهُ، اِلَّا الصِّيَامَ فَإِنَّهُ لِي، وَاَنَا اَجْزِي بِهٖ، وَالصِّيَامُ جُنَّةٌ، فَإِذَا كَانَ يَوْمُ صَوْمِ اَحَدِكُمْ فَلَا يَرْفُثْ وَلَا يَصْخَبْ، فَإِنْ سَابَّهُ اَحَدٌ اَوْ قَاتَلَهُ، فَلْيَقُلْ: اِنِّي صَائِمٌ، وَالَّذِيْ نَفْسُ مُحَمَّدٍ بِيَدِهٖ، لَخُلُوفُ فَمِ الصَّائِمِ اَطْيَبُ عِنْدَ اللّٰهِ مِنْ رِيْحِ الْمِسْكِ، لِلصَّائِمِ فَرْحَتَانِ يَفْرَحُهُمَا: اِذَا اَفْطَرَ فَرِحَ، وَاِذَا لَقِيَ رَبَّهُ فَرِحَ بِصَوْمِهٖ.

(بخاری کتاب الصوم باب ھل یقول انی صائم اذا شتم)

Translation

Abu Hurairah, God be pleased with him, narrates that the Holy Prophet, peace and blessings of Allah be upon him, said: "Allah The Almighty says that all the deeds of a man are for his own sake except the fast. 'The fast is kept for My sake alone, and I am the reward for it.' The fast is a shield against evil. Thus, when anyone of you is fasting, he should neither indulge in idle talk nor raise his voice. If anyone abuses him or starts quarreling with him, he should just say, 'I am fasting.' Let Allah the Possessor of Muhammad and his life bear me out: the breath of one who is fasting is purer in the sight of Allah than the fragrance of musk. One who fasts experiences two joys: he is joyful when he breaks the fast, and he is joyful by virtue of the fast when he meets his Lord."

(*Bukhari*)

SO SAID THE PROMISED MESSIAH عليه السلام

"Insofar as I am concerned, I do not leave a fast unless it is likely to cause my death; I don't feel inclined to leave a fast. These are blessed days and are the days of the showering of God's blessings and mercy" *(Al-Hakm 24.1.1901).*

• "Ramadhan is a blessed month, a month of prayers." *(Al Hakm, 24.1.1901).*

• It is reported in Hadith that two types of people are the most unfortunate: one who lived through Ramadhan and failed to have his sins forgiven; the other who had his parents and they passed, and he was unable to have his sin remitted. While a child is in the care of his parents, they bear all his worries and troubles. A man comes to know the value of his parents when he himself becomes responsible for his own affairs. In the Holy Quran, God has given a degree of preference to a mother, for a mother bears the hardship for her child. However infectious a disease a child may catch, maybe smallpox, cholera or plague, a mother never leaves her child. Once my daughter had cholera and her mother used to handle her vomissions and other secretions with her own hands. A mother partakes of all her child's afflictions. This is out of natural love of which there is no parallel." *(Majmooa Fatawa Ahmadiyya, Vol. I, p. 182).*

• Once the Promised Messiahعليه السلام was asked about fasting while travelling. The Promised Messiahعليه السلام replied: "As far as the Holy Quran is concerned, it says: 'Whoso among you is sick or is on a journey shall fast the same number of other days.' This means that a sick person or a traveller must not fast. This is an order and there is no option from God Almighty. In my view, a traveller should not fast. However, some people do keep fasts as a matter of course and if they do so while travelling in pursuit of this practice. there is no prohibition although one must still have regard for the injunction: "shall fast the same number of other days". A person who goes to considerable trouble in keeping a fast while travelling tries to please God by force rather than earning His pleasure by following His commandment. This is a mistake. True belief consists of following the injunctions and prohibitions of Allah." *(Majmooa Fatawa Ahmadiyya, Vol. I p. 179).*

• A person told the Promised Messiahعليه السلام that while he was at home, he honestly believed that there was still some time before the starting of the fast and therefore he ate something with the intention of keeping the fast on that day. Later on, he had learnt from someone else that dawn had already occurred by that specified time. This person therefore asked whether be could continue with the fast of that day. The Promised Messiahعليه السلامreplied: In these circumstances, he had a legitimate fast and there was no need for substitution on another day, for he did his best and his intention was perfect". *(Majmooa Fatawa Ahmadiyya.Vol. I, p. 183).*

Practices of the Promised Messiah عليه السلام in Ramadan

Hazrat Dr Mir Muhammed Ismail رضی اللہ عنہ related to Hazrat Mirza Bashir Ahmad رضی اللہ عنہ:

"In 1895, I happened to pass the entire month of Ramadan in Qadian and offered the Tahajjud – i.e. the Tarawih – prayers behind the Promised Messiah عليه السلام throughout the month. It was Huzoor's عليه السلام custom to offer the Witr prayer in the first part of the night and eight rak'aat [units of prayer] of the Tahajjud prayer in divisions of two in the latter part.

In it, he would recite Ayat-ul-Kursi in the first rak'ah, i.e اَللّٰهُ لَاۤ اِلٰهَ اِلَّا هُوَ up until وَهُوَ الْعَلِيُّ الْعَظِيْمُ and in the second rak'ah, he would recite Surah al-Ikhlas. Mostly, whilst in ruku or sajda, he would recite: يَا حَيُّ يَا قَيُّوْمُ بِرَحْمَتِكَ اَسْتَغِيْثُ 'O Living and Self-Sustaining God, with Your mercy do I seek help.' His manner of reciting this was such that I would be able to hear his voice. Moreover, he always used to partake in sehri directly after the Tahajjud prayer and would delay it to the extent that the Azan would sometimes occur whilst he was eating."

Hazrat Mirza Bashir Ahmad رضی اللہ عنہ added to this:

"I would like to make it clear that partaking in sehri is permissible until the break of dawn on the eastern horizon. Partaking in sehri holds no connection with the Azan because the timing of the morning Azan is fixed to occur upon the break of dawn. For this reason, people mostly consider the end of sehri to be the moment when the Azan is called. As the morning Azan would immediately be called out upon the break of dawn in Qadian and was perhaps, on some occasions by mistake and due to inattentiveness, called even prior to it, the Promised Messiah عليه السلام would, on the most part, not halt at the Azan and used to partake in sehri up until the break of dawn."

"The fact is that in this matter, the Shariah does not advocate the halting of food and drink upon the break of dawn in the light of scientific facts and perception. Rather, food and drink should be stopped when the first light of dawn becomes manifest to the masses. Hence, the word تَبَيَّنَ also makes this matter plain. In a Hadith, it is also recorded that the Holy Prophet ﷺ said, 'Do not stop eating and drinking at the Azan of Bilal رضی اللہ عنہ, but instead, continue to do so until the Azan of Ibn-e-Maktum رضی اللہ عنہ because he

is blind and does not call out the Azan until people raise a hue and cry of the morning."

Regarding the diet of Hazrat Mirza Ghulam Ahmadعليه السلام, it is said that in sehri, during Ramadan, there usually used to be salan [curry dish] or a chicken leg and firni [Indian sweet dish] for Huzoorعليه السلام. Hazrat Ahmadعليه السلام would take a paratha [Indian fried bread] instead of a roti [flat bread], though he would only eat a small amount of it.

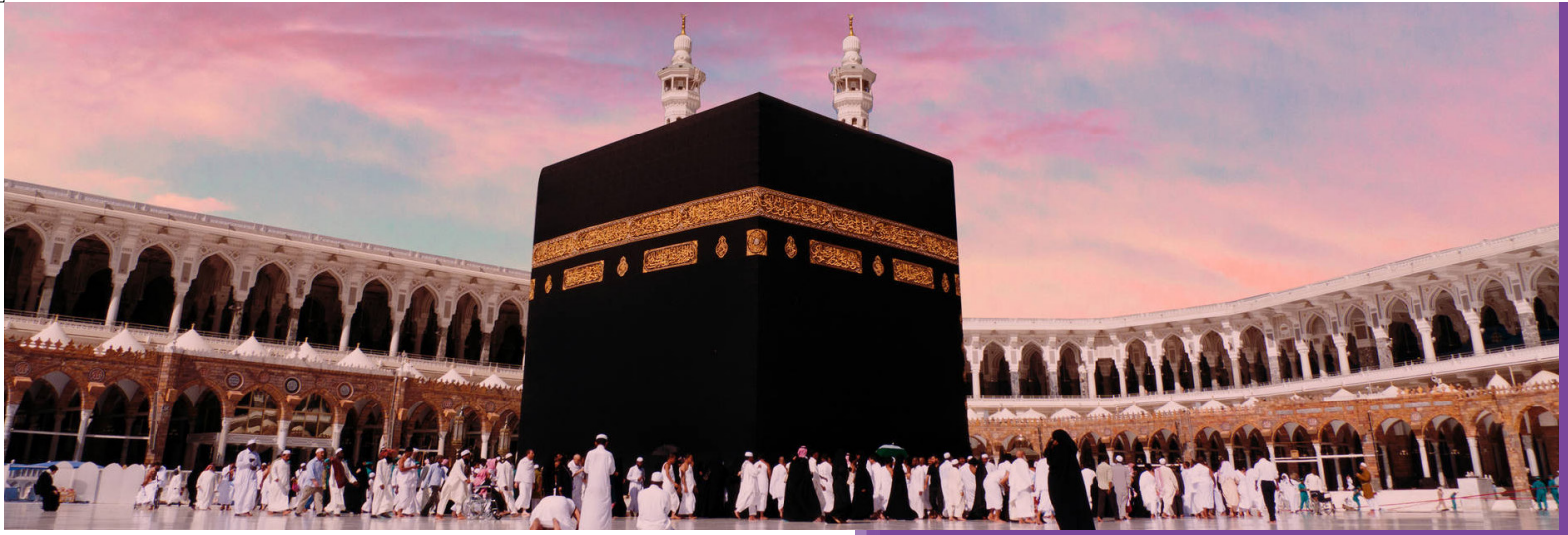
In his formative years of seclusion, he performed many spiritual exercises and meditations. At one occasion, Hazrat Ahmadعليه السلام kept fasts for six consecutive months under the will of God. At iftari his food intake would merely be half a bread or even less. He also would not eat sehri and would secretly hand the food, which used to arrive from home, to less privileged individuals so that members of his household remained unaware. However, his general stance was that he disliked for his Jamaat to carry out exercises of such a nature and in its place, declared the jihad of this age to be services in relation to tabligh and the pen against the opponents of Islam. Thus, if entertaining the notion that such a person was desirous of material pleasures is not a complete injustice, then what is?

Hafiz Nur Muhammad Sahibرضی اللہ عنہ of Faizullah Chak narrated to Hazrat Mirza Bashir Ahmadرضی اللہ عنہ that once during the month of Ramadan, somebody called the Azan prior to its actual time during sehri. The Promised Messiahعليه السلامentered the mosque and said, "I had just raised a glass of milk to my mouth when I heard the call for Azan. For this reason, I put down the glass at that very moment." Someone humbly submitted, "Huzoor, there is still time to eat and drink." He replied, "I do not desire to partake of anything after the Azan."

Hazrat Mirza Bashir Ahmadرضی اللہ عنہ,with regard to this narration, said:

"I would like to add that if this narration is authentic, then Huzoorعليه السلام would have taken precautions for his own sake at that particular occasion. Otherwise, the practise of the Promised Messiahعليه السلام was that he did not estimate the time [for the end of sehri] by the Azan but through the emergence of the break of dawn. In this regard, he would also adhere to the stance that the break of dawn should be clearly manifest as is the objective of the Quranic verse. However, it is of the scholar's opinion that fatwa [Islamic verdict] and taqwa [righteousness] are two very different matters."

(Taken from the compilation of narrations related to the life of the Promised Messiahعليه السلام in Sirat-ul-Mahdi by Hazrat Mirza Bashir Ahmadرضی اللہ عنہ. Translated by Fateh Alam, UK. Published in The Weekly Al Hakam)

Old picture of Qadian taken from Minarat-ul-Masih

The Holy Prophet Muhammadﷺ – Prince of Peace

Imtiaz Ahmed Sra, Murabbi Silsila,
Peace Village

اَلَّذِيْنَ اٰتَيْنٰهُمُ الْكِتٰبَ يَعْرِفُوْنَهٗ كَمَا يَعْرِفُوْنَ اَبْنَآءَهُمْ

Those to whom We have given the Book recognize him even as they recognize their sons (2:147)

God Almighty mentions in this verse of the Holy Qur'an that there are so many prophecies about the Holy Founder of Islam Prophet Muhammadﷺ in the previous scriptures that if one looks at these prophecies with an open mind and heart then one will no choice but to recognize him as a true prophet of God.

Many prophecies can be found in the Old Testament as well as in the New Testament which foretold about the advent of our beloved Master Prophet Muhammadﷺ. One such prophecy has been mentioned in Isaiah and gives a title to this great prophet as a 'prince of peace'.

Isaiah Chapter 9 verse 6 states:

For unto us a child is born, unto us a son is given: and the government shall be upon his shoulder: and his name shall be called Wonderful Counsellor, The mighty God, The everlasting Father, The Prince of Peace.

The Holy Prophet of Islamﷺ – the perfect exemplar, the prince of peace, the pride of the universe – whose life was immaculate and whose character unimpeachable, came into the world as a mercy for all humankind.

The religion he founded has been named as Islam – which means peace.

The Holy Prophet Muhammadﷺ has defined who a true Muslim is. He said that *a Muslim is he who does not harm anyone with his words and hands.*

Whenever Muslims greet one another, they greet with the greetings of peace.

The teachings that he brought are based on peace, justice, and forgiveness. The Holy Prophet Mohammadﷺ was enjoined by God, Almighty that: خُذِ الْعَفْوَ وَأْمُرْ بِالْعُرْفِ وَاَعْرِضْ عَنِ الْجَاهِلِيْنَ *Take to forgiveness, and enjoin kindness, and turn away from the ignorant.* (7:200)

He taught his followers to be kind and show mercy towards all. Muslims are taught in the Holy Qur'an that: *Killing of one innocent soul is akin to killing of all mankind. And saving of one soul is akin to saving all mankind.* (5:33) Islam has made every effort to establish peace and to protect all other religions. Even where defensive war (22:40-41) for the establishment

of freedom of religion was permitted to the Muslims, the Holy Prophet ﷺ gave extremely strict rules of engagement to the Muslim armies, based on ultimate justice and societal peace, which they were compelled to abide by.

The Holy Prophet ﷺ taught that during wars only those people who were directly engaged in the war could be fought. He gave strict instructions that no innocent person was ever to be attacked. No woman, no child or no elderly person was ever to be attacked. He taught that no religious leader or priest could be attacked in his place of worship. The Holy Prophet ﷺ further taught that no person could be forced or compelled to convert to Islam. He taught that when Muslims were forced to fight for the cause of peace, they must not create fear or terror amongst the members of the public, nor should they treat them in a harsh or severe manner. He taught that prisoners of war should be treated with even greater care and attention than a person would pay to himself. He taught that buildings should not be targeted that trees and crops should not be destroyed.

Thus, even where war was justified, the Holy Prophet ﷺ gave countless guidelines and instructions to his followers which were essential to follow.

I have one question to the critics of Islam and the Holy Prophet of Islam ﷺ. Are any of these instructions being followed in any of the wars taking place today?

History bears testimony that how cruelly the Holy Prophet Muhammad ﷺ was treated by his people in Mecca and then in Medina. There are no excesses which were not committed against him and his followers. Many among his closest relations and friends were murdered mercilessly. The prophet's own person was a witness to these barbarities. He was their target on many different occasions and in many different ways. He had to leave his hometown and seek shelter elsewhere, as had his friends and followers. Almost all of them had to suffer the pangs of separation from their near and dear ones. Some were torn asunder while tied to two camels running in opposite directions. Muslim women were killed by spears thrust in their private parts. Slaves who believed in him were stripped and dragged on burning sand and gravel. They were persecuted and asked to renounce their faith. The bodies of Muslims killed in battle were mutilated. In short, early Muslims-men and women, old and young, dead and living-had to suffer to the utmost and in a variety of ways. But at last God made them triumphant. The Holy Prophet, with ten thousand followers, re-entered Mecca as a victor. The cruel enemy was at his feet, thinking no punishment too much for what he had done.

Let's pause here for a moment, I ask you: if on that fateful day you were the leader of this community, entering the holy precincts of Mecca. What would you do?

For 13 long years, you suffered persecution directly at their hands. For 8 more years after, you were forced to abandon your home, they sent army after army upon you, you watched your wife and your uncle starve to death.

You watched your friends and families dragged thru the streets, speared, slaughtered, and butchered. On the battlefield, they did not just kill your companions, they mutilated their bodies.

They took your daughter and ended her chance to give life to a new child.

And now you stand at their doorstep, victorious, and they await your verdict regarding them. What would you do?

On that day Prophet Muhammad ﷺ turned to them and addressed them:

قَالَ لَا تَثْرِيبَ عَلَيْكُمُ الْيَوْمَ ۖ يَغْفِرُ اللَّهُ لَكُمْ ۖ وَهُوَ أَرْحَمُ الرَّاحِمِينَ ﴿٩٣﴾

He said, 'No blame shall lie on you this day; may Allah forgive you! And He is the Most

Merciful of those who show mercy. (12:93)

This conquest of Mecca, this glorious day in the history of Islam, this singular event in the history of mankind affirms more than anything else that our Beloved Prophetﷺ was the true Prince of Peace. Victory did not spoil him. Triumph did not detract from his excellent virtues. Power did not corrupt him. The world witnessed the spectacle of the most magnanimous and generous act of forgiveness of which history furnishes a record. The Holy Prophetﷺ readily granted amnesty to his erstwhile persecutors.

The Western scholars who studied the life of Holy Prophet Muhammadﷺ bear witness that Muhammadﷺ was truly a man of peace. Commenting on the conquest of Mecca, Karen Armstrong writes:

"Muhammad took Mecca without shedding a drop of blood…. None of the Quraysh was forced to become Muslim…. Single-handedly, Muhammad had brought PEACE to war-torn Arabia". (Islam, by Karen Armstrong, p.23)

Commenting on the same conquest, the Rev. Bosworth Smith writes:

"Now would have been the moment to gratify his ambition, to satiate his lust, to glut his revenge. Read the account of the entry of Muhammad into Mecca side by side with that of Marins or Sulla into Rome. Compare all the attendant circumstances, the outrages that preceded, and the use made by each of his recovered power and we shall then be in a better position to appreciate the magnanimity and moderation of the Prophet of Arabia. There were no proscription lists, no plunder, no wanton revenge. From a helpless orphan to the ruler of a big country was a great transition, yet the Prophet retained the nobility of his character under all circumstances." (Muhammad and Muhammadanism)

This is the beauty of Prophet Muhammadﷺ. This is what is obscured in the site of the world when they see the battles / but don't see the victory. The victory of his moral and spiritual character which always won the day.

Hazrat Mirza Ghulam Ahmadعليه السلام, the Promised Messiah and the Reformer of the latter days writes:

When the stage of victory, power and prosperity arrived the high qualities of the Holy Prophet [peace and blessings of Allah be on him]—his forgiveness, generosity, bravery—were demonstrated so perfectly that a large number of disbelievers observing those qualities believed in him. He forgave his persecutors and gave security to those who had expelled him from Mecca and enriched their needy ones. Having obtained authority over his principal enemies, he forgave them. Many people, observing his high qualities, testified that unless a person came from God and was truly righteous, he could not possess such qualities. That is why the old rancour of his enemies was immediately removed.

(Islami Usul ki Philosophy, Ruhani Khaza'in, Vol. 10, pp. 447-448)

Vitamin D

Dr. Hameed A. Mirza
(Majlis Peace Village East)

Vitamin D is a fat-soluble vitamin that plays a crucial role in various physiological processes within the body. There are two main forms of vitamin D: vitamin D2 (ergocalciferol) and vitamin D3 (cholecalciferol). Vitamin D2 is synthesized by plants, while vitamin D3 can be produced in the skin when it is exposed to ultraviolet-B (UVB) rays from sunlight. Both forms can also be obtained through dietary sources or supplements.

The primary function of vitamin D is to regulate the absorption of calcium and phosphorus in the intestines, which is essential for maintaining healthy bones and teeth. Vitamin D also plays a role in immune system function, cell growth, and neuromuscular function.

Vitamin D serves a dual role as both a nutrient obtained through diet and a hormone synthesized by the body. As a fat-soluble vitamin, it plays a crucial role in facilitating the absorption and retention of essential minerals like calcium and phosphorus, vital for bone health. Beyond this, laboratory studies suggest that vitamin D possesses anti-cancer properties, aids in infection control, and mitigates inflammation. The presence of vitamin D receptors in various organs and tissues indicates its potential significance beyond bone health.

Challenges in Obtaining Vitamin D

Getting enough vitamin D through food alone can be challenging, as only a few natural sources exist, and some foods are fortified. To ensure sufficient intake, supplements are often recommended. Two main types of vitamin D supplements, D2 and D3, are available, with both also naturally produced in the skin when exposed to sunlight. Factors such as limited sunlight exposure, indoor lifestyles, and darker skin can lead to insufficient vitamin D levels.

Mechanisms and Benefits

Vitamin D3, the major form in humans, is synthesized in response to sunlight exposure. The active form of vitamin D, 1,25-dihydroxy vitamin D (1,25(OH)2D), plays a role in innate antiviral defense mechanisms and inflammation regulation, especially in response to respiratory viruses. Research explores the potential of vitamin D in enhancing immune responses and preventing COVID-19.

Recommended Amounts

The Recommended Dietary Allowance (RDA) for vitamin D varies based on age, with 600 IU daily for adults and 800 IU for those over 70. The Tolerable Upper Intake Level (UL) is set at 4,000 IU for adults and children aged 9 and above.

Vitamin D and Health

While observational studies suggest associations between vitamin D levels and disease prevention, conclusive evidence from clinical trials is still inconclusive. Various factors, including study designs and population differences, contribute

to the complexity of understanding vitamin D's impact on specific health conditions.

Vitamin D Deficiency and Its Consequences

Vitamin D deficiency is prevalent worldwide, leading to impaired bone health, and bone-softening diseases like rickets, and osteomalacia in adults. Dark-skinned individuals, especially in temperate climates, may have lower vitamin D levels due to reduced synthesis caused by melanin.

Associations with Other Health Conditions

• **Cancer**: Potential associations exist between low vitamin D levels and reduced cancer risk, particularly colorectal cancer.

• **Cardiovascular Disease:** Vitamin D supplementation is not associated with a reduced risk of cardiovascular diseases.

• **Immune System:** Vitamin D activates the innate immune system and may decrease the overall risk of acute respiratory tract infections.

• **Inflammatory Bowel Disease:** Low vitamin D levels are associated with Crohn's disease and ulcerative colitis. Supplementation may improve clinical scores, but further research is needed.

• **Cognition and Dementia:** An association between low vitamin D levels and cognitive impairment exists, but a direct causal relationship is unclear.

• **Diabetes:** Several studies suggest that maintaining higher levels of vitamin D is linked to a substantial decrease in the risk of developing type 2 diabetes, as well as combined type 2 diabetes and prediabetes, and prediabetes alone.

• **Schizophrenia and Weight Loss:** Trials show lower vitamin D levels in people with schizophrenia during acute episodes. While vitamin D supplementation is not associated with weight loss, weight loss itself improves circulating vitamin D status.

Food Sources

Vitamin D is naturally present in only a few foods, but various sources can contribute to your intake. Here are some foods rich in vitamin D:

• **Cod Liver Oil:** A potent source of vitamin D.

• Salmon: Fatty fish like salmon are excellent providers of vitamin D.

• **Swordfish:** Another fish variety with a high vitamin D content.

• **Tuna Fish:** Tuna is a good source of vitamin D.

• **Orange Juice Fortified with Vitamin D:** Some brands fortify their orange juice with vitamin D.

• **Dairy and Plant Milks Fortified with Vitamin D:** Many milk alternatives, including plant-based ones, are fortified with vitamin D.

• **Sardines:** These small fish pack a punch of vitamin D.

• **Beef Liver:** A source of vitamin D, but it should be consumed in moderation due to its] high vitamin A content.

• **Egg Yolk:** Eggs, specifically the yolk, contain vitamin D.

•**Fortified Cereals:** Some cereals are enriched with vitamin D.

An estimated one billion adults worldwide are either vitamin D insufficient or deficient. This issue is observed not only in developing regions but also in developed countries in Europe.

Regulatory Guidance

Health organizations emphasize the role of vitamin D in immune function, inflammation response, muscle function, and bone health. Adequate calcium and vitamin D, along with a balanced diet and exercise, may reduce the risk of osteoporosis.

In summary, while vitamin D plays diverse roles in maintaining health, ongoing research aims to clarify its impact on various conditions, emphasizing the importance of balanced nutrition and exposure to sunlight. Our Ansar brothers need to get proper sleep (6-8 hours), exercise, eat healthy food, and expose themselves to absorb as much sunlight as possible, especially in the winter months. May Allah keep each Nasir in good health. Ameen!

Arrogance

From the writings of the Promised Messiah عليه السلام Part 3

Dr. Mohyuddin Mirza Sahib

In the previous two parts on the subject of arrogance, The Promised Messiah عليه السلام described this quality of being arrogant as the biggest hurdle in achieving higher spiritual status. I was reading an article on "Brain Awakening" when a person sincerely believes in The Creator, who designed and fashioned us with the capabilities and capacities to perform all the tasks needed to live this life in a purposeful and fruitful manner.

Scientists have been able to measure our brain activity when we pray and a more positive effect on our thinking and performance. In my opinion it is a prescription for improving our mental health by understanding what is arrogance and I must say that the way the Promised Messiah عليه السلام has discussed this subject is remarkable. Below are excerpts from [Nuzul-ul-Masih, Ruhani Khaza'in, vol. 18, pp. 402-403] as compiled in the Essence of Islam, Volume 2.

"He is blind and does not realize that God has power to so afflict him that in a moment he might be reduced to the condition of the lowest of the low, and to bestow upon his brother whom he esteems low greater wealth than him.

In the same way, he who takes pride in his physical health, or is conceited of his beauty, good looks, strength, or might and bestows a scornful designation on his brother making fun of him and proclaims his physical defects is arrogant, for he is unaware of God Who has power to afflict him with such physical defects as to render him worse than his brother and to bless the latter so that his faculties should not suffer decline or be stultified over a long period, for He has power to do all that He wills.

Similarly, he who is neglectful of Prayer on account of his dependence upon his faculties is arrogant for he has not recognized the Fountainhead of all power and strength and relies upon himself.

Therefore, dear ones! Keep all these admonitions in mind lest you should be accounted arrogant in the estimation of God Almighty unknowingly.

- He who out of pride corrects the pronunciation of a word by his brother partakes of arrogance.
- He who does not listen courteously to his brother and turns away from him partakes of arrogance.
- He who resents a brother sitting next to him partakes of arrogance. He who mocks and laughs at one who is occupied in Prayer partakes of arrogance.
- He who does not seek to render full

obedience to a Commissioned one and Messenger of God partakes of arrogance.

- He who does not pay full attention to the directions of such a one and does not study his writings with care also partakes of arrogance.

- Try, therefore, that you should not partake of arrogance in any respect so that you may escape ruin and you and yours may attain salvation.

- Lean towards God and love Him to the utmost degree possible and fear Him as much as anyone can be feared in this life. Be pure hearted and pure intentioned and meek and humble and free of all mischief so that you may receive mercy."

Majlis Ansarullah Canada **Refresher Course 2024 Report**

With the beginning of new Ansarullah year, Majlis Ansarullah Canada conducted refresher courses all across Canada to introduce the plan and guidelines for the new year. A brief report of the Refresher Courses is as follows:

National Refresher Course

On Sunday January14th in Baitul Islam Mosque, Maple, The National Refresher Course was held for the 13 regions and 81 Majalis geographically located in the GTA (Greater Toronto Area). Respected Sadr Majlis presided over this program. This event was attended by 281 participants which included members of National Majlis Amila Ansarullah, Regional Amila (Nazimeen Ala and Nazimeen) and Zu'ama Majalis. The program started at 10:30 AM with the recitation of Holy Quran and translations, followed by the Ansarullah pledge, introduction of the plan package and selected presentations. Later on, separate breakout sessions were held for each department led by the Qa'id of the respective department. After the breakout sessions, a question-and-answer session was held in which respected Sadr Majlis responded to questions raised by the participants of the course. The program ended with Dua.

Regional Refresher Courses

This year regions were asked to take the lead and conduct the refresher courses on their own. National Markaz (Qiadat Umumi) provided refresher coursee material and guidance to the regions. Each regional course was attended by the Amila of the Region and Majalis located in that region. A team of National Markaz representatives attended all the regional courses and assisted the Regions in conducting their courses. The team lead from the Markaz presided over the sessions but the course was conducted mainly by the regional Nazimeen Ala and Nazimeen Umumi.

Almhamdolillah, all the regions held their refresher courses successfully. The format of each regional session was uniform and conducted in the following manner:

1. The program started with the recitation of the Holy Quran and its translations.
2. Ansarullah pledge lead by the National Markaz lead attending the course.
3. Opening remarks by Regional Nazim Ala.
4. Introduction of the regional Nazimeen and Zu'ama Majalis.
5. Introduction of the Plan 2024 by the Regional Nazim Umumi.
6. Presentation of MACMIS and Mal (Finance) by assigned Regional Nazimeen.
7. Training videos on "How to logon to MACMIS" and "Implementing Saiq System in MACMIS".
8. Three Selected videos of Syedna Hazoor Anwar ایدہ اللہ تعالیٰ بنصرہ العزیز on different Tarbiyatti

topics.

9. Breakout session of approximately an hour in which each department had their own breakout session with the respective regional Nazim and, where possible, Markazi Qa'id in attendance of that department. Nazim Ala and Zu'ama had their session with the National Markaz Lead presiding over the session.

10. Question and Answer session with the Markazi Lead and representatives.

11. End of Program: Closing remarks and silent prayers by the Markazi lead.

The additional relevant details of each regional refresher is as follow:

#	Region	Venue	# of Majalis	Attendance
Saturday, January 20, 2024				
1	Eastern Canada	Baitun Naseer Mosque, Ottawa	8	60
Sunday, January 21, 2024				
2	Peace Village Muqami	Baitul Islam Mosque, Maple - Basement	6	101
3	Vaughan East	Baitul Islam Mosque, Maple - Men's Hall (combined session)	6	78
4	Vaughan West		5	61
5	Central East Ontario	Baitul Mahdi Mosque, Pickering (combined session)	5	45
6	Toronto		5	27
7	Hamilton - Niagara	Baitun Nusrat Mosque, Hamilton	6	69
8	Mississauga	Baitul Hamd Mosque, Mississauga	5	70
9	Brampton West	Mubarak Mosque, Brampton	10	92
Saturday, February 2, 2024				
10	Western Ontario	Baitur Rasheed Mosque, London	4	43
11	Prairies *	Baitur Rehmat, Saskatoon	5	69
Sunday, February 3, 2024				
12	Milton - Waterloo	Baitul Karim, Cambridge	6	64
13	Calgary	Baitun Nur, Calgary	11	92
14	British Columbia	Baitur Rahman, Delta, Vancouver	7	64
15	Brampton East	Clarkway Namaz Centre, Brampton	7	80
16	Northern Ontario	Jamia Property, Innisfil	8	88
17	Toronto West	Rexdale Namaz Center, 1753 Albion Road	8	124
*** Saturday, February 10, 2024 (4 Local Majalis of Prairies Region)**				
18	Prairies *	Baitul Hadi Mosque, Edmonton (Edmonton East, Edmonton West, Fort McMurray)	3	22
19	Prairies *	Baitur Rauf Mosque, Winnipeg (For Winnipeg)	1	11
Total			**116**	**1,260**

Eastern Brampton region held its refresher course, some of the highlights are shown in the following photos.

Western Brampton region held its refresher course, some of the highlights are shown in the following photos.

Vaughan held its refresher course, some of the high-lights are shown in the following photos.

Peace Village Muqami held its refresher course, some of the highlights are shown in the following photos.

British Columbia held its refresher course, some of the highlights are shown in the following photos.

Calgary held its refresher course, some of the high-lights are shown in the following photos.

Mississauga held its refresher course, some of the highlights are shown in the following photos.

Eastern Ontario region held its refresher course, some of the highlights are shown in the following photos.

Northern Ontario region held its refresher course, some of the highlights are shown in the following photos.

Western Ontario region held its refresher course, some of the highlights are shown in the following photos.

Prairies held its refresher course, some of the highlights are shown in the following photos.

*As there are some very distant Majalis in Prairies region, local Amila members of four of their Majalis could not come to the regional refresher course. Only three Zuama from these Majalis attended the regional refresher course of Prairies Region on February 2, 2024. Subsequently, selected regional Amila members conducted the refresher course for the amila members of these Majalis on February 10, 2024.